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January 2007

# Review: Calcium Counseling Resource (2005), From National Dairy Council

Patty Berry

*Eastern Illinois University*

Audra Cisna

*Eastern Illinois University*

Melanie Burns

*Eastern Illinois University, mdburns@eiu.edu*

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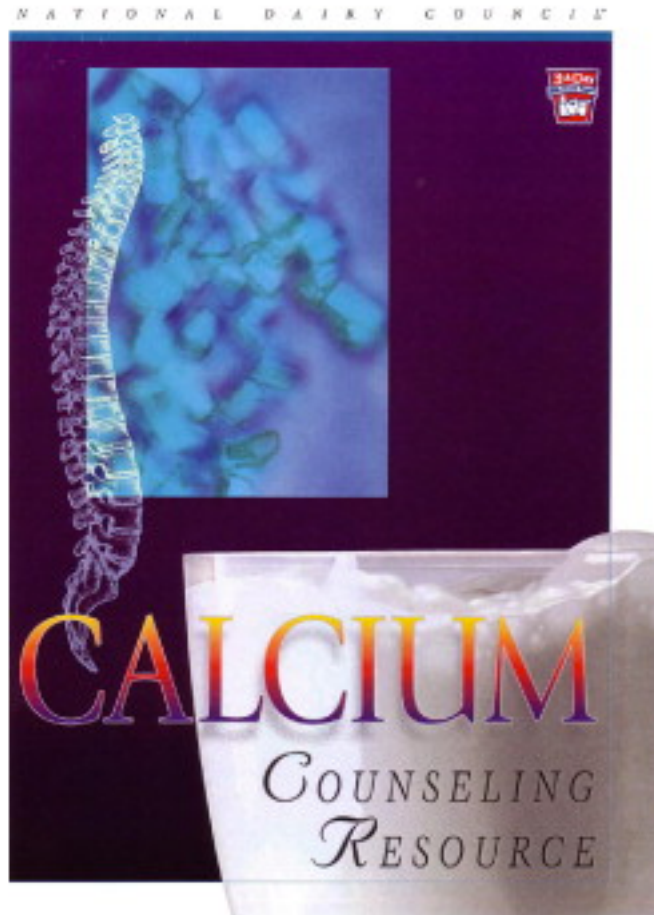
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### Recommended Citation

Berry, Patty; Cisna, Audra; and Burns, Melanie, "Review: Calcium Counseling Resource (2005), From National Dairy Council" (2007). *Faculty Research & Creative Activity*. 17.

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Calcium Counseling Resource. 2005. From National Dairy Council, <http://www.nationaldairycouncil.org/NationalDairyCouncil/Nutrition/Nutrients/calciumCounselingPage1.htm>. Accessed November 2006. Downloadable resources book, 59 pages.

*Calcium Counseling Resource includes a wealth of information that health professionals may use to educate their clients on the importance and benefits of proper calcium intake. Conditions associated with calcium deficiency are described, and advice on incorporation of calcium-rich foods in the diet is included.*

On average, Americans consume approximately half of the calcium recommended by the government, thus increasing their risk for several health concerns. Calcium is known for its positive effects on bone health, but it may also play a role in prevention of certain types of cancer. New research has indicated its beneficial effects in other major areas of health, as well. Calcium Counseling Resource is intended to inform health professionals on current calcium recommendations and research. Its format, relevancy, accuracy, and helpful tips make this an excellent resource for health professionals.

Calcium Counseling Resource is presented in a 3-column format with few graphics. A sampling of the topics from the table of contents includes Purpose of the Dairy/Calcium Counseling Resource, General Overview of Calcium, Major Functions of Calcium in the Body, Optimal Calcium Intake, Absorption/Utilization Issues, and Lactose Maldigestion/Lactose Intolerance. All sections, as well as many other National Dairy Council Publications, can be obtained on-line. Calcium Counseling Resource is a manuscript by the Dairy Council that emphasizes the benefits of dairy products, yet information is based on scholarly journals and sources.

Topics are presented thoroughly and succinctly for quick reference. For instance, under the topic Dietary Sources of Calcium, the information includes calcium-rich, nondairy food items, such as dried beans, broccoli, and bread. Owing to decreased calcium bioavailability from nondairy food items, emphasis is placed on the importance of dairy.

The importance for calcium in bone formation and other bodily functions is addressed, and the document concisely sums up dietary recommendation for many populations. Osteoporosis is discussed in great detail, including the topics of menopause and prevention of osteoporosis, and this section is very helpful for those clients who are at risk.

Calcium Counseling Resource has a very basic format that is easy to follow and easy to read. When graphics are used, they are generally placed at the beginning of a new topic and provide visual guidance for the upcoming section. This method makes it easy for the user to identify new topics.

Health professionals such as physicians, nurses, dietitians, and Extension educators can use this resource when they counsel patients and clients or develop nutrition education materials. The research used to summarize Calcium Counseling Resource is thorough, and the variety of topics presented gives the reader current and applicable information.

Patty Berry, BS, Graduate Dietetic Intern, Audra Cisna, BA, Graduate Dietetic Intern, and Melanie Tracy Burns, PhD, RD, School of Family and Consumer Sciences, Eastern Illinois University, Charleston, IL 61920